

ts	Behaviour	Examples of positive & supportive behaviour
	Providing tangible support Providing informational Support Providing emotional Support	<ul style="list-style-type: none"> ● Signing children up for training ● Transporting children to competitions ● Paying for coaching and equipment ● Talking to children about training and competitions ● Providing information regarding nutrition ● Seeking information regarding competition preparation ● Helping children after losses and during slumps ● Comforting children after disappointing or negative sporting experiences (e.g., opponents cheating) ● Supporting children while they are injured
	Effort is more Important than outcome Valuing the range of benefits associated with sport Encouraging Sports person ship	<ul style="list-style-type: none"> ● Positively reacting to wins and losses contingent on effort ● Providing feedback on child's performance ● Maintaining positive feedback throughout competitions ● Highlighting the importance of attitude and effort ● Discussing different outcomes associated with sport participation (e.g., improvement; fitness; fr ● Providing opportunities for social interactions ● Reinforcing life skills developed in sport ● Providing positive feedback for a good attitude ● Celebrating sporting behaviors ● Discussing the importance of sporting behaviours
	Encouraging sport Participation Sporting behaviours	<ul style="list-style-type: none"> ● Engaging in sport themselves ● Watching and reading about sport ● Having an active lifestyle ● Maintaining composure at competitions ● Congratulating opponents for their performances

Valuing effort over outcomes	<ul style="list-style-type: none">● Putting 100% effort into own sporting endeavours● Reacting positively to their own losses
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ased on Fredricks and Eccles (2004), Gould et al. (2006, 2008), Knight and Holt (2014), Knight et al. (2010), 2011, Lauer et al. (2010a, 2010b), C l (2011), and Wolfenden and Holt (2005)